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Saying, yes to slow
Gaining new perspective by slowing down.
See story on page 2.

Counting history
Getting to the cores of heritage.
See story on page 3.

Ask for help
Youth Hub provides support, help.
See story on page 5.

"This snowshoe hare wasn't shy with me. I've crouched down and watched her eating herbs like plantain and have seen her nibbling on poplar saplings numerous times," Rachel Lower said. Submitted by Rachel Lower

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TIME MARCHES ON

JANET TRULL

Special to County Life

I went to visit my mother last week. At 91, she lives in her own home in the town I grew up in, which is four hours away. Time slows down when I am there. The days go on forever, it seems! Once I adjust to the rhythm of her days, I appreciate the kind and reliable people who give them structure. The PSW Cherie arrives early to help her get up and dressed. She puts the kettle on for tea and toast, and makes sure Mom takes her morning pill. Twice a week she helps her shower and wash her hair. She chats about the weather and local news.

Then my brother arrives for his daily visit. He lives in a nearby group home and his caregivers provide a second circle of support. At noon, a warm meal from Meals on Wheels arrives, the volunteer calls in to make sure she is okay. In the afternoon, she gets phone calls from neighbours, and friends, who occasionally drop in.

A young woman we hired will pick up Mom's groceries, drive her to appointments, and provide companionship. She connects us with FaceTime visits, too.

At seven o'clock, there is Wheel of Fortune, followed by Jeopardy, followed by Turner Classic Movies. On Thursday, we watched *To Kill a Mockingbird*. The novel was part of our cottage library, an important collection of literature, because there was no TV. The jumbled shelves beside the fieldstone fireplace (built by Don McFadden, like so many Haliburton fireplaces) were stacked with *LIFE* and *LOOK* magazines, *Readers Digests*, stacks of games like Risk and Sorry and Cribbage, and books. *Nancy Drew* and *Hardy Boys* for the kids, racy novels for the adults. I remember reading *Hotel*, by Arthur Hailey while lying on the cottage couch when I was 16, hoping no one could see me blushing. And my parents sipping tea right across the room!

The movie, *To Kill a Mockingbird*, unfolds without hurry. Atticus puts the kids to bed and sits on the front porch. He listens to the children talking to each other about their mother who died. He listens to frogs and crickets. Shadows of trees move across his face. Troubles, you think. He has his own troubles, and now the judge arrives to heap some more upon his plate. He will be defending the black man who is wrongly accused of raping a white woman.

Slow was the way of life in Maycomb, Alabama, the fictional town where the novel is set. Slow are the hands on my mother's mantel clock. Tick, tick, tick. Mom dozes off periodically. After the movie is over, we talk about what a handsome man Gregory Peck is. Was? Mom speculates whether he is still alive. I Google it and see that he passed in 2003. Time marches on, she says. She takes her pills and crosses the date off the calendar with a marker so she'll know what day it is when she wakes up in the morning.

Slow is a speed we are more comfortable with now that COVID has insisted we adjust the pace of our lives. Watching old movies reminds us that life wasn't always hectic and maybe we don't necessarily have to "return to normal" now that mandates have been lifted. Maybe our lives weren't normal at all. Life in the slow lane ain't all bad.

"The jumbled shelves beside the fieldstone fireplace (built by Don Mc Fadden, like so many Haliburton fireplaces) were stacked with LIFE and LOOK magazines, *Readers Digests*, stacks of games like Risk and Sorry and Cribbage, and books." /Submitted by Janet Trull

County Life

The following inserts are being distributed with County Life this week:

Foodland *

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Minden Valumart *

Peavey Mart *

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Rexall *

Shoppers Drug Mart Haliburton *

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All inserts are to selected distribution areas.

For information on how your flyer can be inserted each week in County Life please contact Melissa Armstrong at **613-332-2002** or **melissa@haliburtonpress.com**

The OSGA 55+ summer district events are returning to Haliburton this year

Register for upcoming events in Haliburton County to participate in physically beneficial and socially fun activities to determine who represents the District 11 Haliburton/Muskoka at regional games.

The lineup includes golf, pickleball, tennis and walking.

Blairhampton Golf Course will host golf for men and ladies on Wednesday, June 8 (with a rain date of Tuesday, June 14). The Stanhope Courts will host singles (men and ladies) and mixed doubles tennis on Tuesday, June 14 (with a rain date of June 16). Start is at 8:30 a.m. Pickleball will also be at the Stanhope Courts and will be on Friday, June 17 (with a rain date on June 20). Start is 9 a.m. Walking for men and ladies is Wednesday, June 1 at the Haliburton docks, located close to the Welcome Centre. Start is 9 a.m.

Pick up registration forms in Haliburton at the Legion and the library, and in Minden at the Legion, the library and the new Minden Recreation Centre.

The deadline to register is May 18. Questions call Mary Johnson at 705-754-1884.

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Get The Word Out

Let people know about your event. Send it in to our FREE community events listing in the Haliburton Echo, Minden Times and County Life. Email the basics to: classifieds@haliburtonpress.com or call us at 705-457-1037.

Heritage apples – An important part of our history

MAUREEN MOORE
Special to *County Life*

Heritage apple trees in Haliburton County and their fall harvest. The Haliburton County Master Gardeners and the University of Guelph are working together to create an inventory, which will help to identify heritage apple varieties in this area. Over the spring and summer, residents will have the opportunity to attend free workshops and provide samples for DNA testing ($25 per tree). The first information session will be at 2 p.m. on Saturday, May 14 the Haliburton County Public Library's Minden branch. Photo submitted by Maureen Moore.

Winesap, Gravenstein, Duchess of Oldenburg: the very names of heritage apples conjure up images of days long passed. Heritage apple varieties are an integral part of Canada's farming history. They were developed over hundreds of years for unique qualities of hardiness, taste, texture, and winter storage, and were an important food source for early settlers. One hundred years ago, most farms and homes in Haliburton County would have had a small orchard or at least a couple of favourite cultivars.

Sadly, agriculture and consumer tastes have changed, and few of the heritage varieties are readily available today. Most large-scale growers are more interested in fast growth, disease resistance and the ability to ship over long distances without bruising, while consumers are mainly looking for consistency in size and colour. Today, just five varieties make up 90 per cent of the apples sold in Canadian stores. Of these, only the MacIntosh (discovered and propagated by John McIntosh in 1811 on his farm south of Ottawa) is a heritage variety.

Many heritage varieties have been all but lost. Dr. Brian Husband, head of the Ontario Heritage and Feral Apple Project at the University of Guelph is using DNA testing to locate, inventory and preserve Ontario's heritage varieties. By testing leaves and examining photos of trees and fruit, Husband and his team have been able to identify more than 100 heritage varieties, many of them on the verge of extinction.

Time is running out to save heritage varieties. Old cultivars have died or been cut down, and entire orchards have been bulldozed for development. On the plus side, a heritage apple tree will live for up to 100 years, and many of these old beauties can still be found on farms and in backyards in Haliburton County.

A Short History of Apples

In order to understand the challenges of propagating and preserving apple trees, we need to understand the unique way in which they grow.

All apples have seeds, and apple seeds germinate and grow into trees. The only problem is that apple blossoms need to be cross-pollinated by two different varieties to produce fruit. The resulting trees contain DNA from both parent trees, and the apples may not have the characteristics of either parent. These trees, which are termed feral or pippin, bear fruit.

Occasionally, a feral tree will produce a desirable apple, as was the case with the McIntosh. However, growing apples from seeds is very much a hit and miss endeavour. Most of the apple trees that we see growing alone in a field or along the side of the road are feral trees that have grown from discarded apple cores or after passing through the digestive system of a farm horse. The fruit from feral trees is an important food source for deer and other wildlife, and there has been a recent increased interest in feral apples for making hard cider on a small-scale or commercial level. The apples that we eat today are descended from the species, Malus domestica, which arose from the wild Malus sieversii, or crabapple, native to Kazakhstan in central Asia. Our Paleolithic ancestors started eating these sour little apples around 750,000 years ago, and by 6,000 BCE Neolithic farmers were cultivating them. Over more than several thousand years, they spread along the Silk Road - probably when travellers tossed aside apple cores - finally reaching northern Europe and Greece.

Around 2,500 years ago, the Greeks discovered that they could graft a section of a desirable tree onto the rootstock of another tree, and the resulting fruit would be identical to the source of the desired tree, or scion. The new fused tree was called a cultivar.

This discovery revolutionized apple production. Farmers were able to select trees with desirable qualities and graft them on to hardy rootstock. Once a variety was developed, it was often passed on for hundreds of years through grafting. This technology spread across Europe, and by 800 BCE the Romans had introduced apple trees to France and Great Britain. Winter hardy, versatile apples were the perfect fruit for the cold climate, and over the centuries hundreds of varieties were developed and perpetuated through selection and grafting.

In the mid-1600s, apples arrived in North America when French settlers brought Fameuse cultivars to the Annapolis Valley in Nova Scotia. These trees were used for making one product: hard apple cider. Settlers began to import different varieties over the following years. They brought an apple for every reason and season: apples for fresh eating, cooking, drying, and winter storage. By the early 1900s, Ontarians had a wealth of apple varieties from which to choose.

Heritage apple varieties are an important part of the history of Haliburton, and the newly recognized importance of growing and eating local has put these trees back in the spotlight.

Master Gardeners Heritage Apple Project

The Haliburton County Master Gardeners have partnered with the University of Guelph to inventory and identify heritage apple varieties in our area. Over the spring and summer, residents will have the opportunity to attend free workshops and provide samples for DNA testing ($25 per tree). The information will be collected and mapped, providing the first steps in the preservation of this important local resource.

The first information session will be held at the Minden branch of the Haliburton County Public Library on Saturday, May 14 at 2 p.m. Topics will include how to differentiate between a heritage cultivar and feral tree; tips for preserving heritage trees, buying new heritage trees, steps for having the DNA test done, and more fascinating facts about Canada's favourite fruit. Pre-registration is not required. For more information contact the Haliburton County Master Gardeners Heritage Apple Project at appleproject@haliburtonmastergardener.ca or on our website www.haliburtonmastergardener.ca.

Haliburton County Master Gardeners is a volunteer organization that provides horticultural advice specific to Haliburton and surrounding regions. Have your gardening questions answered or schedule an onsite consultation at www.haliburtonmastergardener.ca.

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HHOA 50/50 draw started

The Haliburton Highlands Outdoors Association (HHOA) initiated a 50/50 Draw on April 15. Funds raised from the draw supports the fish hatchery, the annual stocking of area lakes, walleye spawning rehabilitation programs and other HHOA activities that benefit region's outdoors community.

"Due to cutbacks in funding, and the effects of COVID, the HHOA is seeking other fundraising avenues, said Dan Smith, HHOA president. "The 50/50 Draw provides an opportunity to raise funds for the hatchery, while giving the community a chance to help support the hatchery and win some money!"

Go to bigcatch5050.ca to buy your tickets. Fifty per cent of the proceeds from each monthly draw will go to one lucky winner. The other 50 per cent will be used to support HHOA activities.

The HHOA helps maintain and enhance local fisheries. Its mission is to help residents and visitors to the Haliburton Highlands enjoy angling opportunities while practising good conservation. Since 1998, the HHOA has raised and stocked more than 700,000 fish in local lakes. For more information on the HHOA visit: www.hhoa.on.ca/news.

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Taking artistic journeys because of the pandemic

LAURIE JONES
Special to *County Life*

I thought it was kind of funny to see art galleries, museums, zoos and aquariums grouped together as cultural amenities in the Ontario's Path to Re-opening documents. It put things in perspective. Among the first to be closed and the last to re-open, these institutions are usually right up there on people's bucket lists when visiting major tourist centres like New York, Montreal, Ottawa, Toronto. Here in Haiburton County, which probably boasts more cultural amenities per capita than most places, the closures created a void soon to be filled by "virtual" reality. And my goodness, did it fill up!

During the pandemic I joined the legions who discovered the world of art through the web, learning, looking and zooming in on experiences I never dreamed of. I got hooked on "outsider art" for awhile and went places I never dreamed of, way far beyond Canada beloved Maude Lewis folksy kitchen table! This exploration took me to prison hulks on the Thames during the Napoleonic War to see exquisite bone carvings, into madness, melancholy and more. What a trip! An "outsider artist" is the label applied to naive artists who are not influenced by the art world, its schools, institutions and customs. I ask you - is that even possible anymore? It's pretty hard to avoid being impacted by that world now that it is so accessible. Check out christies.com for a glimpse into the high art world. Fire up YouTube to learn an art or craft technique, watch a show. Visit railsendgallery.com to see a virtual exhibition of local art, or use "artsandculturegoogle" to go international!

Now that things are becoming slightly more accessible perhaps you are seeking some offline stimulation? A more immersive, contemplative, physical experience; an experience that lowers your cortisol levels, ups your dopamine; lowers stress, increases pleasure. That's what looking at art does for you! Go ahead and look it up. Imagine, you could emerge from the pandemic as a gallery goer! Your cultural amenities are very much open and waiting to meet you.

Legion Events

Branch 129 Haliburton

Mondays: Bridge every Monday at 1 p.m. Schofield Room
Tuesdays: League darts starting at 7 p.m.
Haliburton Army Cadets practice 6:30-9pm (Sept-June)
Wednesdays: Bid Euchre 1 p.m. start – Main Hall
Bingo doors open at 6 p.m.
Bingo starts at 7 p.m. $500 Jackpot - last Wednesday of the month
Thursdays: General Meeting third Thursday of the month, starting at 7 p.m. All members urged to attend.
Ladies Auxiliary last Thursday of the month at 1 p.m.
Fridays: Cribbage 1 p.m. start – Schofield Room
Meat draw has five draws, five prizes each draw, first draw at 4:30 p.m., last draw at 6:30 p.m. Tickets are $2 per draw. Ed Pickard, MC.
Friday fun darts from 4:30 p.m. and onwards.
Saturdays: 4 p.m. draw – tickets are $1 each available in the Clubroom.

Whether you're planning a function for 10 or 200, for more information call the Legion today at 705-457-2571, email rcll129@outlook.com or visit haliburtonlegion.com. Come on out and support Haliburton Legion Branch 129 ... everyone is welcome!

Club room hours: Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/Thurs. 3 to 6 p.m. Fri. 3 to 7 p.m. and Sat. 3 to 6 p.m.

Schedule is subject to change without notice, so contact the Legion for updates.

Community Events

Send your event listing to classifieds@haliburtonpress.com

Environment Haliburton!

Is collaborating with several other climate focused organizations from across Ontario to present a virtual talk featuring Dr Samantha Green from the Canadian Association of Physicians for the Environment. She will speak about the relationship between climate change and human health. There will be a Q and A to follow. This event will take place on Tuesday, April 26 at 8 pm. Please register in advance at www.environmenthaliburton.org. For more information, please go to the EH! Website or call Terry Moore, at 705-306-9254.

The Haliburton Real Easy "Ryders" cycling club will be kicking off the season with a "Let's Get Rolling Social"

When: Sunday, May 1
Where: Stanhope Firefighters Hall at 1 p.m. There will be coffee and goodies along with a presentation highlighting some of the fun rides, trips and socials we have planned. We welcome all levels of cyclists to come and join us. Whether you ride a road bike, mountain bike, touring bike, hybrid bike, recumbent bike or an electric bike, we encourage you to come join us. For more information visit our website at www.haliburtonrealeasyryders.com

Canadian Federation of University Women

Are you tired of COVID and feeling isolated? Join CFUW. We are a not for profit women's advocacy organization where, irregardless of educational background, you can be involved in our community. Our local focus is on socializing with other women through our various interest groups and monthly series of stimulating speakers and events. Some of our fun interest groups include cuisine, bridge, book club, hiking, lunch 'n learn (crafts), euchre and many more. Please go to our website for more info-cfuwhh.ca or contact phewittosborne@gmail.com.

Honest conversations help break the stigma

AMANDA DUNCOMBE-LEE

Special to *County Life*

Of the 800-plus children and youth on average who seek support from Point in Time Centre for Children, Youth and Parents every year, every person and each visit represents a different story. Some of the supports offered are time-limited, pertaining to a specific challenge, while others may be expansive, lasting years and through multiple transitions.

For Pam and her youngest child, 22-year-old Zee, who together have been navigating the child and youth mental health system since Zee was seven, years of consistent social and community supports have helped Zee become a strong advocate for mental health, LGBTQS visibility, and a fully integrated volunteer and participant in the Haliburton Youth Wellness Hub since its inception in 2019.

Pam said there was recognition in her family that they needed to get mental health assistance when Zee was very young, before they moved to Haliburton.

"I tried to get help before we moved here, and I was told that it would be years before we could see somebody because Zee was not 'bad' enough. So that was very disappointing. I didn't know what to do. But when we came up here the school was far more attentive … we did well with the counsellor, and by Grade 3 Zee was seeing a psychiatrist, who was fantastic. It could have been that he was just there at the right time for us."

By the time Zee hit high school, they had the tools to self-advocate and make their own referrals.

"I think every couple of days there would be a counselor at the high school and I'd make appointments with her, and, if I was getting really bad, then I would walk in and say – do you have time right now? It was important to have someone to talk to when I needed it", Zee said.

When Zee turned 18, the family faced a daunting journey into the unknown as they transitioned out of the services they had relied on for over a decade.

> ***"There is a double-edged side to our experiences with COVID. The downside is that COVID has been really hard on our mental health. The silver lining is that we're having more people feeling comfortable seeking help than ever before."***
>
> — Point in Time executive director, Marg Cox

"At the time there was not a youth hub in the area," Pam said. "Zee was turning 18 and we needed to move on, go to a different place with a different type of counselling, and a different psychiatrist, etc … it was very scary for both of us."

When Zee left for college, things were not easy, even with being in the city and having access to unlimited assistance. Zee was sent to hospital every time they talked about self-harm or suicide.

"I don't think that Zee felt as safe with anyone to talk to there," said Pam. "Then when Zee got home … we got all the information about the Youth Hub coming here – for me it was an awesome thing that we were going to have that transition to 18-25 [age range] and that Zee could just knock on the [door to the] Youth Hub and say, 'Hey I need a little more. I'm not quite there.' And it's not just counselling, they knocked on the door for help with job searches, the nurse practitioner, social things, recreation."

Zee has been involved in multiple planning and recreation-based projects with other youth and staff at the Youth Hub since its doors opened, including arts-based programming and a new virtual LGBTQ2S+ program to help parents better support their LGBTQ2S+ children.

"Basically, its youth teaching their parents with a safe barrier between them – so they can be open with their parents without being judged," Zee said.

Point in Time's executive director Marg Cox said that the COVID-19 pandemic, while devastating to communities, has put mental health in the spotlight and helped destigmatize the act of asking for help.

"We need to ask ourselves now - what are the positive things we can lean into? There is a double-edged side to our experiences with COVID. The downside is that COVID has been really hard on our mental health. The silver lining is that we're having more people feeling comfortable seeking help than ever before. The stigma is fading."

Zee urges youth in the County who may need assistance to "definitely try to seek help … from someone who has some authority over the people around you. Your friends may not always have the best help for you compared to a teacher or a counsellor. Better to be safe than sorry- and get help so you don't spiral in the first place."

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Send your letters to the editor to darren@haliburtonpress.com. Letters must be signed and include a phone number.

County Life is produced by The Haliburton County Echo and Minden Times, and published by White Pine Media Corp.

Audited circulation: 6,372 July 1 - Dec 31, 2015

A Taste of the past

KATE BUTLER
Special to *County Life*

FOOD HAS THE power to help us time travel, and a cookbook or recipe box can be our ticket to the past. Today, when in need of a recipe, many people will simply hop online and in seconds have a myriad of different versions of the same dish, each with a dizzying number of reviews and suggestions for modifications. While we may come across new favourites in this way, it doesn't compare to those family recipes, which may have already passed through several generations before they came to us. Of course, those recipes can lead to their own adventures. I'm sure many people can relate to that frustrating confusion that can come from a recipe featuring ingredients in indeterminate amounts, baking dishes of mysterious sizes and, of course, the instruction "cook until done." Historically, cooking was learned by observing and by doing, which meant that a recipe, when written down at all, was a memory jog, not really a list of instructions. Measurements were particular to each kitchen and each cook knew the temperament of their own oven.

Details about exactly what people in Haliburton County historically cooked and how aren't always available. We can, however, see glimpses, usually tucked into accounts of larger social occasions. For instance, in August of 1865, a picnic was held on Puffer's Island to begin organizing a new Agricultural Society for Dysart, Minden and Snowdon. The meal, prepared in a cooking tent, featured turkey, roast pork, new potatoes, corn, peas and beans, followed up by tea and cakes after the business portion of the gathering. Other hints of what was appearing on local tables comes from agricultural records – one was much more likely to detail what one planted rather than what one ate. We know of gardens which would yield rhubarb in early spring to be followed by an eagerly awaited and varied summer harvest. In one account, which gives a very candid glimpse into the details of a household, Teresa Stewart reported that her husband, Charles, who worked for the Canadian Land and Emigration Company, was very unwell after eating under-ripe melon from their garden. Perhaps that melon would have been better used in some of the ubiquitous preserves and pickles that were essential for making it through the winter months!

Much of the food prepared was practical, but there was also a place for treats, especially when it was a chance to show off a particular talent, such as making fine pastry. We do know that the women of Dysart were historically famous for their pies. Well-made pie also appears to have been a key attraction in drawing residents to Haliburton's Kosy Korner in its early days when most people still preferred to eat at home. While food fads may come and go, there are classics which stand the test of time and even those recipes which may no longer feature regularly on our tables can evoke a wonderful sense of nostalgia when we do occasionally prepare them.

Early in the pandemic, I posted some images from historic cookbooks in our collection and I was delighted to see how many memories they evoked for people, especially at a time when it seemed like everyone was upgrading their culinary skills. Another cookbook, dating from 1928, just recently made its way to us and in spite of the nearly 95 years that have elapsed, its recipes still appeal today. Tucked into the pages there are also handwritten recipes for lemonade, meringues and pickles as well as newspaper clippings of instructions to make dishes ranging from peach sherbet and cucumber salad, each one seeming like an invitation to explore further. Keep your eyes on the Haliburton Highlands Museum's social media channels in the coming weeks to see what becomes of these explorations and to perhaps try a taste of history yourself!

Top 10 reasons to be grateful for the Easter Bunny

NOW THAT EASTER is over, I think it is high time we showed a little appreciation for the Easter Bunny. His job can't be an easy one. And yet, he does it without elves and still manages to keeps our kids occupied every Easter. With that in mind, here are the top 10 reason we should be grateful.

STEVE GALEA
Humour Columnist

1. Did not sue after that run-in with your beagle.
2. This times left chocolate eggs rather than the normal piles.
3. He hid some of those chocolate eggs in places the kids couldn't reach.
4. Not a whole lot of TV specials or fuss.
5. No licence required for an Easter Egg Hunt.
6. No kid has ever seen him kissing mommy.
7. Ego not big enough to require milk and cookies, festive lights, or a tree.
8. Doesn't do all that "rabbity-activity" in front of the kids.
9. If not for him, I would have had to hide those damn eggs.
10. I don't know where those eggs came from but at least they were wrapped.

Cracks

Fissures and cracks fracturing the ice,
water, black as ink, seeping through the spaces
as Lake wakes beneath boulders of clouds rolling across Sky.
Chunks of ice clustered on the shore,
some, large as rocks, others, small as stones,
as I pick up a slab that slips out of my hand
and smashes into the smithereens on the piece Lake that's still frozen,
water pooling beneath my boots as I navigate across this slippery terrain,
Wind whirling all around me, scrubbing Air,
dimpling the newborn skin of Lake, that sprawls beyond the freezing border of ice.
How free it feels to be walking through the world again,
released from the confinement of inside,
Wind invigorating me as I clomp across ice,
watching for fissures and thinning patches,
as my feet navigate and my eyes drinking in the puddles of clouds flooding Sky,
ripening to Rain, Lake mirroring the brooding Sky,
ice holding its own light as the world around it darkens.
Wind hurls me back towards the shore,
scooping up broken bits of ice as I stand in the sand,
my feet making a dam for rivulets of water to trickle through,
shards of ice melting in my hand, as I watch the water flow,
wondering how much longer it will take for the ice to dissolve into the Lake,
as I watch its shade change steel deepening into slate,
as Sky releases pebbles of Rain, pelting the sheath of ice and the open water,
the sound hammering in my ears,
as I stand here on the shore for a few moments longer,
listening to nails of Rain pound the ice,
seeping through the fissures and cracks into the blackness below,
where fish swish through darkness,
soaked in their world of silence.

Sylvie Kalenda

Running on full

Life remains loaded
Some reason, some rhyme
Thanking the poets
Who think all the time
Painters and writers
The musical too
Put into universe
What we pass through
Courage displays itself
Different ways
Juggles the slings
And the arrows of days
All storms eventually
Run out of rain
In children's laughter
Is hope's fresh domain
Marching with chin
Showing pride is still brave
Boots on a grass path
One's heartbeat a slave
To the old patterns
Of seasons and sun
Sparkling new days
Have always begun.

Deborah J. Reed

Chocolate bunnies & matzo, don'tcha know

IT'S THAT TIME of year again, when chocolate bunnies and unleavened bread (matzo) are munched and crunched on Easter and Passover, don'tcha know. With the two holidays having started just two days apart, our Christian and Jewish brothers and sisters celebrated the rising of Jesus from the cross, and the latter, the miraculous exodus of Jews from slavery in Egypt.

Now, how those two holidays wound up being associated with chocolate bunnies for Easter and a type of dry cracker bread for Passover, Ol' Maybelle finds pretty interesting.

Maybelle's

Fireside stories

You see, rabbits usually give birth to a big litter of babies called kittens, dontcha know, which became a symbol of new life at Easter a lonnnnnng time ago.

As for unleavened bread, well, back in the days of the Pharaoh, there was no time to wait for bread to rise when the Jews were busy running for their lives, so they grabbed what they had -- unleavened bread (matzo) and took it with them as they escaped to freedom.

My good friend, Arlene Sugarman Neumann, who studied Kabbalah (the ancient Jewish tradition of mystical interpretation of the Bible), told me how she thinks of Passover, which ol' Maybelle thinks is peachy keen. The idea is that during Passover, you take the time for inner contemplation and think of Pharoah as your own dark thoughts and feelings. Then your job is to overcome your "inner Pharaoh" by connecting to God, or "the Light," and fill yourself with good thoughts and love.

Truth be told, ol' Maybelle has been doing that for years, like brushing my teeth, but more like brushing my thoughts and feelings making room for the lighter, brighter ones, don'tcha know.

As for Easter and all of the yummy symbols that can make us fat, well, I'm all for it!

Why on Easter Sunday, my good buds, Twindle, Vilma, Officer McB, Beanpole, and Sybil got together at my cottage for a great big Easter celebration. And, I'm telling you, after all of the gold covered milk chocolate Easter bunnies and carrots we devoured, we should own stock in the Lindt company.

And, Bogart, my pet bear. I wish you could have seen him. When he first saw me bite the head off of a bunny, he was horrified.

"Mama Maybelle!" he shouted. He was wearing his voice-synthesizer cap so we could all hear what he was thinking, don'tcha know. "Stop that! Please stop right now!"

The poor thing thought I was chomping on his little critter friends' head until I ran to him so he could see that it was chocolate. Oh, what a relief for big-hearted Bogart. "All clear!" he called out in his husky bear voice. "All clear."

And, with that, three tiny brownish bunnies who, unbeknownst to ol' Maybelle, Bogart had been tending to somewhere in the cottage for weeks, hopped onto the braided oval carpet as we all watched with jaws hung open like broken glove compartments.

Vilma, all wide-eyed, giggled and looked up at her sweetheart, "Stanley, BUNNIES!"

Officer Stanley (Penelope) McB, gushed and wrapped his big man-arm around her.

Twindle gasped and jumped up on a chair. Amazing that he is a taxidermist by trade.

Beanpole softened and smiled, as did Sybil.

Ol' Maybelle just shook my head, my heart bulging with love for Bogart, protector of all creatures great and small.

Hope you had a wonderful Easter and Passover. We sure did!

Maybelle's Fireside Stories is written by Jerelyn Craden whose novel, "Vessie Flamingo Outshining the Moon," and "Maybelle's Cure for What Ails You" are available at amazon.com.

Wonderful wolf

Linda Tatler captured a photo of a wolve at the Haliburton Wolf Centre.

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- Donate gently-used items to local reuse centres:
  - Haliburton 4Cs Lily Ann Thrift Store
  - Thrift Warehouse

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Plants 101: those pesky latin names

BELINDA GALLAGHER

Special to *County Life*

Waterlily is Nymphaea. Submitted by Belinda Gallagher

Recently, one of my faithful readers asked me why I wasted space in my musings listing 'Latin names' for plants. "No one ever uses those fancy names" she snickered. "They just make you sound uppity!" So at the risk of sounding even more pretentious, I thought I should share my reasons for using those pesky Latin names in the hopes that you will both forgive me and maybe try one or two yourself.

Latin names are more correctly termed botanical names. Botanical is a real buzzword in the advertising world right now. Botanical air freshener, botanical soaps, botanical wines and beers, botanical fashion and botanical travel. Recognize that it is a posh way of saying 'of plants.' In some cases it seems silly – wines and beers 'of plants' for example – since we know wines and beers are by nature 'of plants.'

In other cases it is a fancy way of saying 'of the fragrance of plants.' Again, nothing new. Air fresheners and soaps have been floral scented forever. More on this in my next musing on the subject of smell.

So, let's take the botanical step and talk botanical or Latin names.

Imagine you are looking for a tall, summer blooming, fragrant flower to add to your flower border and you ask a friend for suggestions. She nods and quickly replies that you have to have lilies. Armed with this information you go to the local garden centre and ask confidently for a lily or two. You are met with a puzzling smile and the fear-inducing question, "Would that be a daylily, water lily, trout lily, foxtail lily, toad lily, pineapple lily, or plantain lily?" Completely baffled, you run back to your car, convinced that your flower border is fine as is.

You see, the word lily has been co-opted over time to describe many different species that only look like the shape of a lily, smell like a lily or even grow from a bulb like a lily. Common names of plants, the ones we use every day, while interesting and amusing, do not necessarily refer to one, and only one plant species.

The *According to Stearn's Dictionary of Plant Names* by William T. Strearn (1996), refers to a bluebell as a bellflower in Scotland (Campanula rotundifolia), while in England it is a squill (Hyacinthoides non-scripta) and in North America a bluebell can be a bellflower (Campanula), a beardtongue (Penstemon) or a Jacob's ladder (Polemonium).

A few years ago I asked Dr. David Galbraith, Head of Science at Royal Botanical Gardens in Burlington, his thoughts on names: "Common names" or "English names" for plants are a free-for-all. There's no way of tracking back a common name and knowing that it's referring to a specific, well-identified plant. The formal or botanical names, on the other hand, use a voucher system (called type specimens) that nails the name to an actual individual plant. Even this doesn't prevent disagreements, changes, and re-naming, but it at least is a way of grounding the arbitrary label (a name) with the biological entity (the plant). Without this, anyone can call any plant by any common name they want to - and often do."

The solution to all this confusion is the 'Latin' name - a single, universal name, unique to only one plant species. I should correct myself right now; these names are not Latin. About 10 per cent of plant names are based on classical Latin, the rest are made up and combine Greek, Latin, modern languages, names, places and sometimes gibberish using Latin and Greek rules with loads of exceptions.

While the first so called Latinized names were developed in the middle ages, it was Carl von Linné (1707 – 1778) known as Linnaeus, who consistently used the binomial (two-word) botanical name form that we see today. Here is a quick lesson, and I promise it won't hurt.

You already have some botanical words in your vocabulary like hosta, begonia, gypsophila and rhododendron. These words each describe a genus of plants. In the plant world a genus is like a family where the members have more in common with each other than with members of another family.

see WHAT'S page 10

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What's in a name?

from page 9

A genus name can be used by itself to describe a group of plants but if you want to talk about a particular plant, you must add a descriptive word called a specific epithet to the genus. This two-word combination is the one and only name, unique to the plant. Plantain lily is a common name for any hosta plant describing its similarity in leaf shape to plantain (banana family). However, if you were speaking about a specific species you would say Hosta lancifolia or Hosta venusta. (Lancifolia meaning lance-shaped leaves, venusta meaning handsome.)

The pineapple lily is a bulbous summer-flowering plant that I have mentioned in previous articles as a favourite of mine. The common name in this case is quite descriptive as the flowers do look exactly like pineapples. The genus is Eucomis from the Greek eu (good) + kome (hair) alluding to the tuft of leaves on the top of the 'head' of florets.

Earlier I indicated that you might use the genus name by itself to describe a group of plants. But using the specific epithet or descriptive word by itself is meaningless in identifying a plant. If I just said 'undulata' you would not know if I meant Hosta undulata or Eucomis undulata.

A perfect example of this is our native woodland trout lily - botanically speaking Erythronium americanum. Considered one of the most photogenic of wildflowers, it is sometimes called adder's tongue or dogtooth violet. It is not the only plant with the specific descriptive epithet americanum. In fact, it is far from the only organism with the same epithet. Hepatozoon americanum is a tick borne disease in dogs and Mammut americanum is an extinct mastodon of North America. You can see that binomial nomenclature extends to all organisms.

In cases where there is no chance of confusion, common names are fine. It is hard to imagine a conversation where a water lily would be confused with another lily. But here in southern Ontario a hardy water lily might be confused with a tropical water lily both in the genus Nymphaea, so you do need to ask.

A true lily (the tall, summer-flowering, fragrant plant recommended for the sunny flower border above) is in the genus Lilium. There are hundreds of bulbous lilies available for the home gardener, and although the red lily beetle has caused many to forsake this plant, I wouldn't be without them. However, if you don't want to hand pick lily beetles, get in your car, drive to your local nursery and boldly ask for a daylily. Genus Hemerocallis!

Don't worry how you pronounce it. If someone corrects you, just say 'Yes, that's what I said!'

Local Landmark Mystery

Local Landmark reveal!

This week is the visual arts installation that honours the Red Coss nurses that worked at the Wilberforce Red Cross Outpost.
This Local Landmark is located in the village of Wilberforce just a few minutes from the southern gate of Algonquin Park. The Red Cross Outpost was the first hospital in the Haliburton Highlands, opening in 1922 and is currently preserved as a museum. The museum itself is a national historic site and is normally open to the public in July and August.If you are investigating this Local Landmark, there are lots of other opportunities for fun available in the area, including the 21 kilometre Prospector Loop trail, the High Falls hiking trail and the rich geocaching opportunities of Highlands East. Photo courtesy of Thom Lambert

Yours to Explore
MUNICIPALITY OF HIGHLANDS EAST HighlandsEast.ca

The Municipality of Highlands East is currently recruiting students for summer employment for 2022.

If you are currently enrolled in secondary school or a post-secondary program and returning to school in September 2022 you are encouraged to apply for an opportunity.

The following various positions are available with the municipality:

- (1), Parks & Recreation Attendants (Parks & Property Department)
- (1), Information Centre Student (Economic Development Department)
- (1), Summer Landfill Attendants (Public Works Department)
- (4), Lifeguards (Pool & Beach Summer Swim Program – 8 weeks)
- (1) Swim Program Coordinator

Please note, for positions where you may be required to drive in the execution of your duties, a Class G2 or G Driver's Licence is mandatory. You will also be required to provide an acceptable driver's abstract and a criminal reference check.

Most positions listed above are available from the beginning of June through to the end of August for a total of 16 weeks.

If you are interested in receiving a more detailed job posting for one of the positions above, please email shunter@highlandseast.ca requesting a copy of the specific posting.

If you are interested in applying, applications **clearly marked with the position you are applying for** may be submitted on or before 4:30 p.m, Monday, May 02, 2022 via mail, in person, fax or email. Interested applicants may submit their resume, in confidence to:

Shannon Hunter, CAO/Treasurer
Municipality of Highlands East
P.O. Box 295, 2249 Loop Road
Wilberforce, ON. K0L 3C0
Fax: 705-448-2532 E-Mail: shunter@highlandseast.ca

We thank all applicants for their interest but only those selected for an interview will be contacted.

The Municipality of Highlands East is an equal opportunity employer. Applicants requiring accommodation are asked to contact the CAO/Treasurer.

Applicant information is collected in accordance with the Municipal Freedom of Information and Protection of Privacy Act and will be used to determine qualifications for employment with the Municipality of Highlands East. Questions about this collection should be directed to Shannon Hunter, CAO/Treasurer.

Local Landmark Mystery

The following are images of a local landmark. Try to guess what the landmark is and look for the reveal in next week's *County Life*. Concept and images from Thom Lambert, who shares informative posts about things to see and do in the Highlands through @myhaliburtonhighlands on Instagram. /Submitted by Thom Lambert

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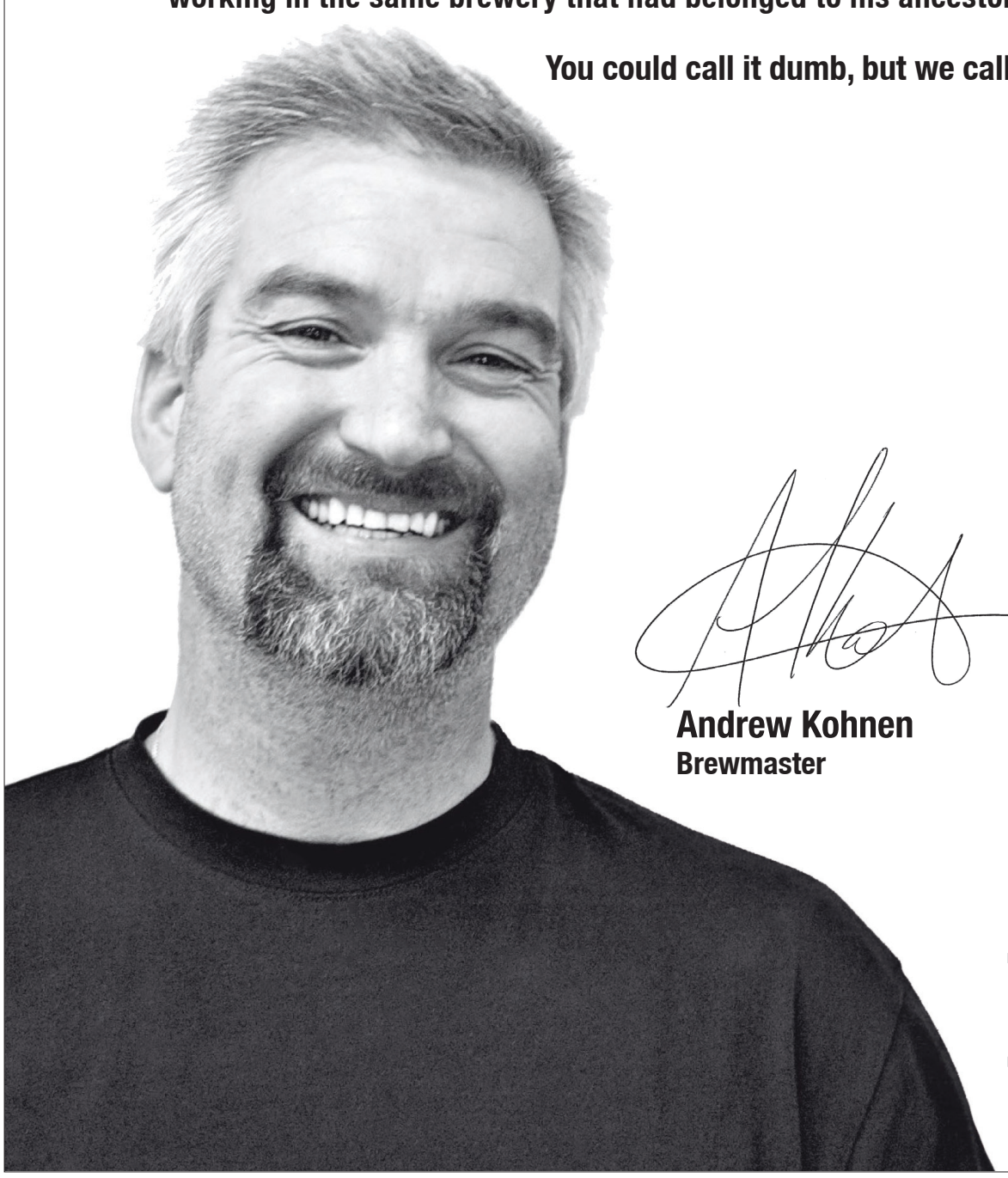

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A perched nuthatch is captured by Jill Moulton.

Area photographer Tammy Nash spotted this squirrel and captured this moment.

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Employment Opportunity @ Abbey Gardens

Garden Assistant

The Garden Assistant is a seasonal role responsible for assisting with caring for a small market garden operation. Experience working outdoors in physically demanding conditions (heat, precipitation) key. Willingness to learn and interest in fresh local food, gardening and education an asset.

$16/hr 40hrs/week May - September

Resumes can be submitted to misty@abbeygardens.ca

Sous Chef

The Sous Chef position will be an integral part of the on-site staff team in the Food Hub. This role will include a wide range of tasks in our commercial kitchen including working at the lunch counter, preparing food, baking, canning soups, making preserves, providing customer service, catering, etc. This is a full-time, year-round position, working directly with the Chef.

$18/hr. 40hrs/week.

Resumes can be submitted to ashley@abbeygardens.ca

Kitchen Assistant/Baker

The Kitchen Support/Baking position will be an integral part of the on-site staff team in the Food Hub. This role will primarily support the Chef and Sous Chef in kitchen work, with a special focus on restocking the Garden Café.

$16/hr Preference for full time work during the summer and part time year round, but flexible.

Resumes can be submitted to ashley@abbeygardens.ca

Hub Retail Clerk

Working on site in the Food Hub, the Retail Clerk will be responsible for creating and maintaining retail displays, serving retail and cafe customers, managing inventory, and more. The retail clerk will prioritize customer service and quality assurance.

Full time and part time positions are available.
Weekend availability required. $16/hr

Resumes can be submitted to trevor@abbeygardens.ca

Seasonal Programming Assistants

This role will support spring and summer programming as well as the maintenance of programming areas. Responsibilities involve program design and development, implementation, facilitation, and evaluation with the support of experienced outdoor educators. Abbey Gardens hosts programming for children, adults, special groups, and tourists where educational opportunities may be formal or informal.

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For a full job description visit:
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Onondaga Camp, Minden,
seeks 5 Staff SEASONAL (2022)
Starting at $20.00 /hr and up

We are looking for Cleaners to care for our facilities by providing a high standard of cleaning and light maintenance duties.
The goal is to keep all facilities in a clean and orderly condition. Responsibilities are to clean and stock designated facility areas (disinfecting, dusting, sweeping, vacuuming, mopping, restroom cleaning etc.), carry out heavy cleansing tasks and special projects, notify management of occurring deficiencies or needs for repairs, stock and maintain supply rooms, cooperate with the rest of the staff, follow all health and safety regulations, knowledge of cleaning chemicals and supplies, familiarity with Material Safety Data Sheets.

Up to 48 hour work week Summer (6 days).
Daily and Evening shifts available. (June-Sept)
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Off Site Driver

Onondaga Camp, Minden, seeks
1 Staff SEASONAL (June-Sept, 2022)

Responsibilities
- Pick up prescriptions/supplies as needed for the Health Centre.
- Do a daily 'town run' to pick up supplies that are needed for camp programs or office.
- Pick up supplies in Toronto (or outside of Minden/Haliburton) as needed.
- Handling of incoming and outgoing mail.
- Ensure that vehicles are scheduled and taken for oil changes as needed.
- Ensure the vehicles have adequate gas and fill as necessary.
- Keep vehicles clean and free of garbage.
- Keep the exterior of the vehicles clean; have them washed as needed

Necessary Qualifications/Competencies
- Full G License & minimum age of 21 years old
- Ability to have a flexible schedule and work independently
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- Ability to work and communicate with a wide variety of people

30 – 40 Hr work week
June – September Contract

To protect the health and safety of our clients and employees, we have modified our normal operating policies in response to COVID-19. All Staff are required to be Two Dose Vaccinated against Covid 19 before their contract begins.

If you wish to apply, please send a resume to Matt Brown/Site Manager at matt@onondagacamp.com. Please feel free to contact at (705-286-5025)

A truly Canadian summer tradition, Onondaga Camp offers an extraordinary environment for kids to play, explore, achieve and grow. Situated on the shores of Middle Bob Lake near Minden, Ontario, Onondaga inspires the best in outdoor fun, learning and adventure for girls and boys from six to 16 years old. Onondaga Camp values the diversity of people. We welcome and encourage applications from people with disabilities. Arrangements will be provided, on request, to support candidates taking part in all aspects of the selection process. All responses will be handled with strict confidence.

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HALIBURTON WELCOME CENTRE
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Please submit a resume and cover letter, preferably by email, at you earliest convenience to the attention of Laura Casey, Manager of Human Resources and payroll at lcasey@dysartetal.ca. These positions will remain open until filled.

Alternatively, your submission may be mailed to P.O. Box 389, Haliburton, ON K0M 1S0.

We thank all of those who apply, but only those selected for an interview will be contacted. Accommodations for applicants with disabilities will be provided upon request. The Municipality of Dysart et al is an equal opportunity employer. Personal information is collected in accordance with the Municipal Freedom of Information and Protection of Privacy Act and will be used only for employment purposes.

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Number 1260

Monday, April 13, 1987

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New Legion ready to go

At a crowded meeting in the basement of St. Paul's Anglican Church in Minden Monday night (April 6), area service veterans made application to open their own branch of the Royal Canadian Legion.

Although 15 charter applicants are required for a new branch, by the end of the Monday night meeting, 38 had applied in person and another 11 had sent in completed forms.

Attendance was set at 104.

"We're not here to try to start a Legion, but to **start** a Legion," said Legion District Commander Paul Hycha at the meeting.

Hycha attended the meeting to oversee the charter application.

He read a letter from Haliburton Village Legion Branch 129 president Joan Irish, congratulating the Minden charter applicants and offering her assistance.

One of the conditions of opening a new branch, Hycha explained, is support from other local branches.

He said it would take at least two months for the Provincial Legion office to review the Minden application. There could be a Legion branch in the village as early as the end of May, he said.

"Charter members" those who are members when the branch receives its charter - "are highly respected," Hycha said.

An election was held by charter members applicants for branch officers and executive.

Tony Samarillo was chosen as president.

Other officers include: Mike Maher, first vice president; Doug Seath second vice-president; Vivienne Seath, secretary; Ray Cox, treasurer.

Members of the executive chosen at the meeting were: Aulis Orpana, Dave MacAdam, Arnold Schroter, Frank Sargent, Frank Dunsford, Don Davidson and Muriel Bird.

At not point did it come down to a vote. Everyone came to his position by acclamation.

Before the choosing of officers and executive,

(more on page 3)

Legion district commander Paul Hycha, standing, explains how to launch a new branch to an audience of 104 Minden area service veterans at a meeting, held April 6, in Staint Pauls Anglican Church. Those seated are: Sylvia Sisson, district secretary, left; Mabel Brannigan, zone secretary; and Mel Robertson, zone commander.

Second hotel planned for 35

Spring has hardly begun but already the 1987 building season is shaping up as a record-breaker in Minden.

Anson, Hindon and Minden council approved in principle, at their meeting last Thursday, plans for a two storey apartment and retail complex for the Bobcaygeon Road and a 40 unit motel to be built on Highway 35 opposite the OPP station.

Peter Mathwick told council he had sold his house in Oshawa to be able to buy property beside the Schnitzel House in Minden and build a motel.

"I'm an independent," Mathwick said. "I intend to run the motel and to live here."

He explained that he wanted to build the complex in stages. First, he said, he would build a house for himself and then the first 20 motel units. And once he had saved up some capital again, he would set to work on the second 20 units, which would be added as a second floor.

"I don't like the idea of being a quarter-million dollars in debt," he explained.

Mathwick said that as soon as council approved his plan, he would apply to the Ministry of Transportation and Communications to build an entrance on to Highway 35 and begin designing his motel.

The other project approved by council was Harry Southern's apartment and store complex. To be built on a lot adjacent to Pat Murphy's log home business on the east side of the Bobcaygeon Road, it is to include three stores and six apartments in its two storeys.

Southern said he wants to start construction in the fall

(more on page 10)

The Milt Endicott rink was one of a number to receive trophies at the Minden Seniors Curling Club banquet held Thursday evening. Milt, centre, along with team members Roland Sedgewick, left, and Norm Gilmore, received the Bruce Scribner trophy. For more photos and a report please turn to page 12.

Lutterworth clerk resigns

Lutterworth clerk-treasurer Wayne Hughes has resigned.

His resignation was presented at the March 31 meeting of the township council and will become effective April 30.

The clerk of the township for the past ten years, Hughes said he felt it was time for a change and said his departure was mutually agreed between himself and the council. Hughes said he intends to remain in the area.

Lutterworth Reeve Bill Valentine said the township was losing "....the best clerk in the county. I'm sad to see him go, he is irreplaceable."

At the same time that the clerk announced his resignation, the township's tax collector and bookkeeper Jean Ballard also announced her retirement, effective the end of this month. She has also been with the municipality for ten years.

Valentine said both employees were valuable assets to the township and would be missed at the office.

The council has appointed deputy-clerk Jeunne Simpson to the clerk-treasurer post. She has been with the township for the past eight years. The positions of deputy-clerk and tax collector are being advertised in this week's edition of The Times.

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